



[www.bluegrassdiveclub.com](http://www.bluegrassdiveclub.com)

## July's Club Meeting

**Date:** Tuesday, July 12th  
**Time:** 7:30-PM (business)  
 Social at 7  
**Location:** The Racquet Club  
 3900 Crosby Rd.  
**Program:** Video from Doug's trip to see  
 the Whale Sharks

## President's Message

*By Mark Kidd*



The June meeting was attended by over 26 members and guests.

One of our guests was Richard Rabek accompanied by his wife, daughter and three other members from the Kentucky Underwater Explorers Society based in Louisville.

They have invited us to a quarry dive on July 13<sup>th</sup> and August 3<sup>rd</sup> at a private quarry near Bardstown. Also they would like to join with us on Lake Cumberland September 17<sup>th</sup> and have an ecology dive one day that weekend. The EC will be working on that at the July EC meeting.

More info will be on the BGDC web site so check it out and I hope to see you!

The program for July will be some whale shark footage we previewed at the EC meeting of Doug Geddes's Sea of Cortez trip. Some incredible wildlife encounters captured by Doug will be on the big screen.

Work on the lake dives is progressing and Dan Miller will report on his North Carolina trip and plans for Bonne Terre Mo. diving this fall.

Hope your summer is providing fun activities and you make one of them our club meetings. □

*Mark*

## The Editor's Notes

*By John Geddes*



For those planning to go to Dale Hollow Lake, I am going down on Friday and taking my girls. If you would like for me to book your camp site for Saturday night in the same block or court area, just let me know. □

## Divemaster's Report

*By Doug Geddes*



### DALE HOLLOW DIVE

Get your gear ready it is time to go diving. We will be meeting at the Dale Hollow State Dock at 11:00 our time. We are planning on leaving the dock by 11:30. Please come early so we don't have to load all the tanks and gear at the last minute. We have rented a 30' pontoon boat for our use. We are planning on doing two dives on Saturday and one

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## Divemaster's Report Cont.

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or two on Sunday. Check our website for a map or just use your computer to get one. All else fails use a map like the old days. Please bring all your gear; they do not have gear at the state dock. You can probably get by with one tank since we will be diving shallow. We will go to Willow's Grove for air on Sunday or late Saturday if time permits. For some reason, if you show up late and need to get a hold of us, have the state dock call us on the radio. If you can't find us, hang around and we will be back around 7:00 or so to the dock. If you have a wet suit; you might want to bring it, the water is cold below 20'. If you are planning on staying the night, you will need to bring a tent or something to sleep in. We will have a potluck dinner after the dives on Saturday. Bring plenty of good food to share with your fellow hungry divers. You don't have to share if you don't want too, but it is less food to prepare on your part. Last year a bunch of us with to the State Lodge for a buffet breakfast, or you can cook your own. On Sunday, the group will decide what they want to do, dive or play. If you are coming down for Sunday, you need to be there by 10:00 our time. Wait for us at the dock or come find us at the campgrounds. The only cost involved for you is your share of the gas on the boat, air, food and camping. We had 16 persons last year and it looks like we could have a larger crowd this year. You have asked for low cost dive trips and this is one. Come out and support your fellow members for fun in the sun.

### GALAPAGOS 2006

If your name had been on the waiting list, you might have been able to go on this sold out trip. We had two persons cancel and open up the trip. Two persons on the list took those spots. You might want to fill out the form on our website for this trip and get in line. It doesn't cost any money until you have the option of signing up, then you have to send in a \$100.00 deposit or the amount equal to what everyone else has had to put in, to catch up. Check out our website for full details.

### ROATAN, HONDURAS 2006

I will have the CD on Fantasy Island at this meeting. It really looks like a great place to go diving and relax. Go to our website for details of the trip. We have confirmed air out of Cincinnati for \$870.00, but it is an early morning flight. If you want to fly out of Lexington, there are a few places

left, but not enough for a large group. The cost is a little higher. Dan Miller said there is a Marriott right by the airport in Cincinnati that you can stay and leave your car for around \$90.00 for the night. We might even consider a bus early in the morning if we have enough persons to make it worthwhile. Please sign up early for this trip, we don't have the flexibility that we had for Cozumel. □

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## Safety Corner

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By Rick Stephan



**Note:** This month's article provides some Q's and A's from a web magazine. The first is regarding that nagging but fixable problem of dry mouth. Surrounded by water, but thirsty as heck with a dry mouth and scratchy throat? Sound familiar? It does to me. But, when you realize that diving is often done in the warm weather of summer or in tropical climates, you understand that the body may be dehydrated - and breathing that really dry air underwater only makes it more noticeable. So, read on, and learn how to prevent and/or remedy that parched condition.



Remember, safe diving is fun!

### Article By Ernest Campbell

#### Q. What Caused My Dry Mouth?

**After two days of diving recently, I developed an irritated throat that progressed to a rather nasty condition—dry and quite sore—for another six days after returning home. Because I am scheduled to take a weeklong live-aboard trip soon, I need some advice on how to prevent dry mouth and throat irritation from repeated diving.**

It may be that your problem was a viral pharyngitis or some other infectious condition. It also could have been caused by not swallowing while under water. Saliva can help prevent the dry mouth caused by the dry air in your scuba cylinder. Your saliva glands can be stimulated by using the SeaCure mouthpiece ([www.seacure1.com](http://www.seacure1.com)) or placing minty toothpaste on your mouthpiece.

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## Safety Corner Cont.

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If your dry mouth was caused by dehydration, however, you need to examine your habits before you dive to prevent dehydration on your next dive. The air in your scuba tank is as dry as the Sahara, the moisture having been removed from it in order to protect the inside of your tank and regulator from corrosion. Each incoming breath of dry air picks up moisture from your throat and lungs and carries it out when you exhale, so every breath represents a loss of water.

How much? Not as much as you'd guess from the cotton-mouth feeling that results. On a four-tank day you'll breathe about 260 cubic feet of dry air (assuming 80-cubic-foot tanks—actually 77.4—and a minimum pressure of 500 psi). The maximum amount of water that much air could have contained (at 100 percent humidity, 86F) is about one cup. In fact, you probably lose less. Research reported in the journal *Respiration Physiology* suggests that most of this water loss occurs in the first 15 minutes when your upper respiratory tract dries out. Regulators that trap moisture in the second stage to moisten incoming air lessen, but probably don't entirely prevent, the drying effect of breathing tank air.

### Hydration Hazard: Caffeine

Yes, a cup of coffee is mostly water. But the caffeine is a diuretic, sucking water out of your tissues and sending it to your bladder. As a result, drinking 12 ounces of coffee results in 12, 15, 20 or more ounces of urine and a net loss in your hydration score.

Caffeine is sneaky. It's in more foods and beverages than you might think. Popular soft drinks have a range of caffeine concentrations between 36 and 48 milligrams, with Jolt Cola the chart topper at 72. Coffee has the highest concentration, up to 180 milligrams per five-ounce cup. Tea can have as much as 50 milligrams per cup, and both tea and chocolate are loaded with substances called xanthines, which are also diuretic.

### Nine Ways to Beat Dehydration

The importance of being well hydrated before you dive cannot be overstated. Drink water several hours before and between dives, particularly if making multiple dives. Follow these tips:

1. Drink water.
2. Stay out of the sun and wear a hat.
3. Drink water.
4. Eat foods high in water, like fruits and salads.
5. Drink water.
6. Don't eat too much protein, the digestion of which requires more water than it contributes.
7. Drink water.
8. Take it easy with caffeine and alcohol.
9. And drink water. At least a gallon a day.

### Suck It Up: SCUDA

Divers with a severe dry mouth problem may want to consider another equipment solution, the SCUDA (self-contained underwater drinking apparatus) made by SCUDA Marketing. The SCUDA is a wine-skin type device that holds water and allows you to drink through your regulator—squeeze the bag and water squirts into your mouth. The SCUDA doesn't affect the breathing characteristics of a regulator, but because it attaches to the primary hose, it does affect regulator ergonomics. There's also the possibility that you'll gag on water squirted inadvertently or too forcefully into your mouth. The SCUDA is not a great idea for most divers, but those with serious dryness of the mouth may want to try it.

**Answers to questions are offered as information only and not as medical diagnosis or advice and should always be used in conjunction with advice from your personal diving physician. □**

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## From the Treasurer

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*By Kit Hudson*



### 2005 Membership dues

Student (with student id) .....	\$ 10.00
Single & Family (1 diver) .....	\$ 30.00
Family (2 or more divers).....	\$ 40.00

**Renewal:** Please send payment to the address listed below. And please make sure there is a correct indication of your mailing address & phone number. And it is very important to indicate an email address.

**Contact or Mail to:** Bluegrass Dive Club  
 % Kit Hudson  
 231 Stourbridge Rd.  
 Versailles, KY 40383  
 (606) 873-4974  
 kithuds@iglou.com

**New Members:** Fill out & mail enclosed form at the end of this newsletter. □

## Membership Form



### Bluegrass Dive Club Membership

Name \_\_\_\_\_

Address \_\_\_\_\_

City/St/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

No. of Family Members ..... \_\_\_\_\_

No. of Divers in Family ..... \_\_\_\_\_

Highest Level of Certification: ..... \_\_\_\_\_

Basic Open Water ..... \_\_\_\_\_

Advanced Open Water ..... \_\_\_\_\_

Rescue Diver ..... \_\_\_\_\_

Divemaster ..... \_\_\_\_\_

Instructor ..... \_\_\_\_\_

Membership Options (check one):

\_\_\_\_ Student (with student ID) ..... \$ 10.00

\_\_\_\_ Single / Family with 0/1 diver ..... \$ 30.00

\_\_\_\_ Family with 2 or more divers ..... \$ 40.00

Please fill out and mail to: **Bluegrass Dive Club**  
 (With payment please) **c/o Kit Hudson**  
**231 Stourbridge Rd.**  
**Versailles, KY 40383**

Questions: Kit Hudson (859) 873-4974  
 Email: [kithuds@iglou.com](mailto:kithuds@iglou.com) rev 1/05

# Bluegrass Dive Club 2005 Calendar

## July

12, Tuesday Dive Club Meeting  
 23-24, Sat/Sun Dale Hollow Lake  
 26, Tuesday E.C. Meeting  
 29, Friday Newsletter Deadline 11pm

## August

9, Tuesday Dive Club Meeting  
 13, Saturday Club Pig Roast  
 27, Saturday Laurel Lake  
 30, Tuesday E.C. Meeting

## September

2, Friday Newsletter Deadline 11pm  
 13, Tuesday Dive Club Meeting  
 17, Saturday Cumberland Lake  
 27, Tuesday E.C. Meeting  
 30, Friday Newsletter Deadline 11pm

## October

11, Tuesday Club Dinner / Meeting  
 22, Saturday Bonne Terre, MO  
 25, Tuesday E.C. Meeting  
 28, Friday Newsletter Deadline 11pm

## November

8, Tuesday Dinner Meeting (Elections)  
 29, Tuesday E.C. Meeting

## December

18, Saturday Club Christmas Party  
 30, Friday Newsletter Deadline 11pm

## 2005 BGDC Officer's & Staff

Mark Kidd, President	266-2276
Carol Call, Co-Vice President	253-3992
Dan Miller, Co-Vice President	948-5133
George Fleischmann, Secretary	873-9539
Kit Hudson, Treasurer	873-4974
Doug Geddes, Divemaster	224-3197
Rick Stephan, Safety Office	223-3719
Mike McCann, Webmaster	255-3937
John Geddes, Undercurrents Editor	223-7926